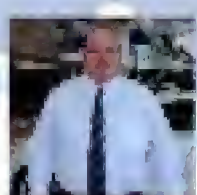


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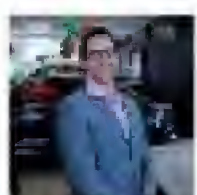
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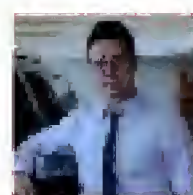
Eric Reece
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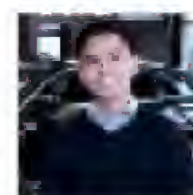
Mark Elliott
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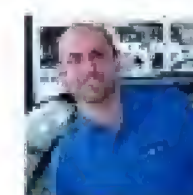
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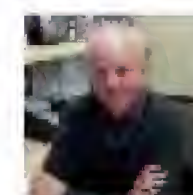
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LITTLE ORPHAN CUBBIE

Assiniboine Park's newest resident may be cute, but a zoo official blames climate change for the bear's relocation **metroNEWS**

ASSINIBOINE PARK CONSERVANCY/SUPPLIED/JOHANNA SOTO

‘Avoidable’ deaths trouble shelters

HOMELESSNESS

Lack of funding continues to leave many out in the cold

Braeden Jones
Metro | Winnipeg

The 53-year-old woman who died outside in the cold Sunday morning was neither a one-off nor a wakeup call.

She was found after a night when temperatures dipped below -24 C. It has happened before, so unless people have been intentionally hitting snooze, so to speak, or purposely ignoring the problem, it can't be that.

It was an "avoidable death," according to Siloam Mission CEO Garry Corbett.

"People just shouldn't be out in the cold and freezing to death in Winnipeg in 2016," he said. "It just shouldn't happen."

He and Siloam's emergency shelter help avoid such deaths with 110 beds offered to those in need each night. Between that shelter, the Salvation Army's Booth Centre and the Main Street Project, there are more than 500 people

experiencing homelessness who need a warm bed on the average winter night in downtown Winnipeg.

But those aren't the numbers Corbett dwells on.

"Every morning I get a listing of how many people we had to turn away... 20, 30, 40 people every night... because we just don't have enough beds," he said.

"This time of year is difficult for me personally because I feel so badly whenever somebody comes to our doors and we have to say 'Sorry, there's no room.'"

"We don't know what happens to them."

He believes the most obvious solution is expanding the capacity of shelters. Siloam is looking at putting "another 50 emergency shelter beds" into a link that will connect its existing facility to hundreds of extra dining hall seats.

"That will put a dent, at least for the short term, into the problem of people having no place to sleep at night," Corbett said. "Our only thing is that requires funding."

He said he has approached all three levels of government and private donors to make the plan a reality and "get people out of the cold."

Police have ordered an autopsy into the 53-year-old woman's death.

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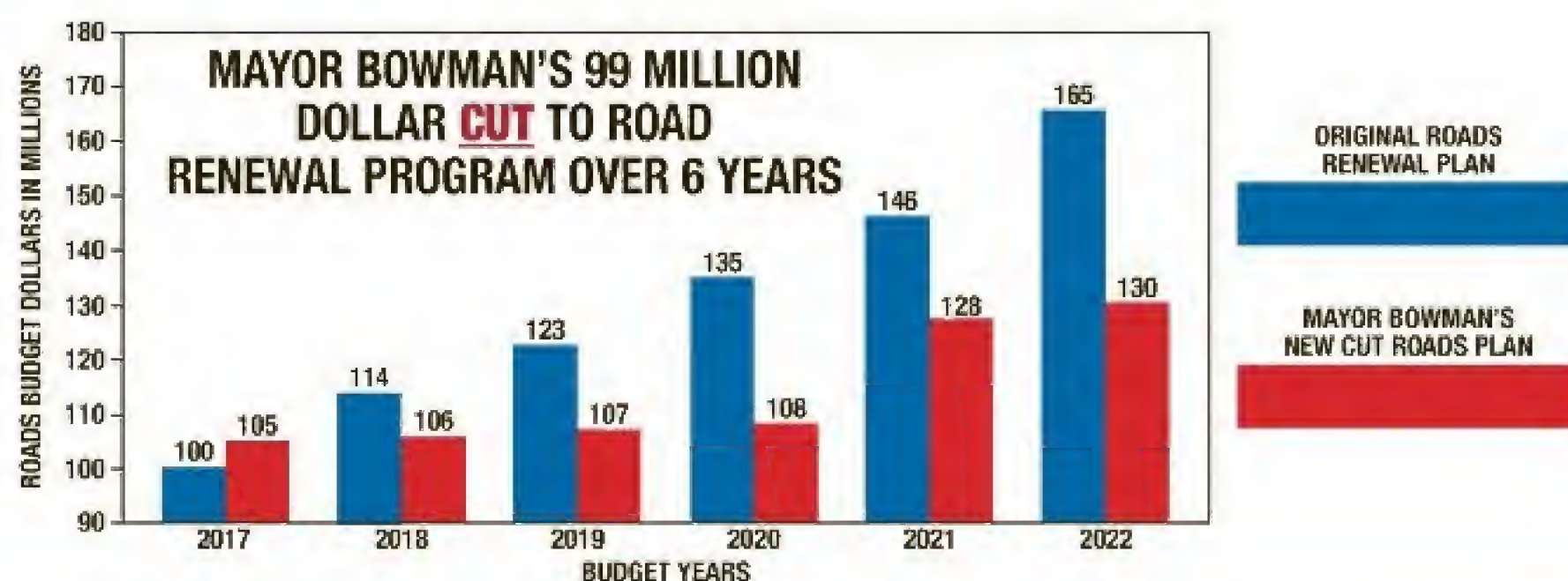
Myth: Mayor Bowman claims that the 2% property tax increase for 2017 is dedicated to Road Renewal.

FACT: A 2% property tax increase is equal to \$10.6 million new dollars for the City. The Roads budget in 2016 was \$105 million. Mayor Bowman's proposed 2017 Budget is \$105 million. Where is the \$10.6 million increase for our Roads?!



Myth: Mayor Bowman is honouring the commitment to ensure future property tax increases of 2% are dedicated to Roads.

FACT: Over the next Six years, Mayor Bowman's budget has a **MASSIVE CUT** of \$99 million from Council's original Road Renewal Plan (see graph).



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Symphony promotes harmony

COMMUNITY

Mounting very special concert for refugees in February

Braeden Jones
Metro | Winnipeg

There may not be an official "happy one-year since you arrived in Canada" song, but the Winnipeg Symphony Orchestra (WSO) has something special planned for the city's newcomers.

On Feb. 19, the WSO will host a special "Welcome Refugees" celebration by offering a free concert to as many as 1,000 refugees.

Seats will be set aside at the Sunday matinee performance of *Once Upon a Dance*, featuring several dance troupes performing in front of the WSO's musical ensemble.

"We're always looking to connect with new communities... and we have so many newcomers to Canada, many, many to Winnipeg, we wanted to find a way to welcome them," said Brent Johnson, the WSO's community engagement manager.

He said the special event was a long time in the making, and it all began last Spring when the WSO applied for funding through the Canada Council for

the Arts "The Arts and Culture Welcome Refugees" initiative.

"The goal of that program was for arts (groups) to put on a special event or invite refugees to attend an arts experience to enrich their lives, make them feel welcome in the community," Johnson explained.

The WSO was successful in that application, and then received further funding from the Winnipeg Foundation to open the Welcome Refugees event up to even more newcomers.

Since then, the WSO has been working with the Manitoba Association of Newcomer Serving Organizations to get the word out about the concert.

Johnson said everything about the event, including the time and selection of the show itself, was deliberate to make sure it was as accessible as possible for families.

"We took a look at our season and wanted to find something very family-friendly and did some consultation with people who work with the new Canadians," he said. "What we found, one resounding theme, was particularly because Syrian refugees come from such a war-torn place many don't want to let their kids out of their sight.

"Plus, babysitting is an added challenge, and a lot of them have such large families, we thought OK—we have to make this something parents can bring their whole family to."



We wanted to find a way to welcome them.

Brent Johnson



The Sarah Sommer Chai Folk Ensemble is just one of the dance groups participating in the Winnipeg Symphony Orchestra's special event tailored for newcomers. CONTRIBUTED

The 2 p.m. show meets that criteria, but Johnson believes the concert itself is family-friendly.

Described as "a twirl through Manitoba's history in dance,"

five of the province's leading dance companies will showcase different styles including Irish, French and Ukrainian.

"It's a very visually interesting show," Johnson said. "For

children, because there are dancers on stage in front of the orchestra in colourful costumes and what not, it's very appealing."

He said "timing was not in-

tentional," as it aligns with the first anniversary of government sponsored Syrian refugees arriving in Canada, but: "it certainly does work as a kind of celebratory opportunity, for sure."

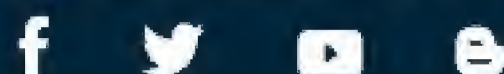


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Feds agree to pay more for road

SHOAL LAKE 40

Isolated reserve about to regain connection with rest of country



Stephanie Taylor
Metro | Winnipeg

An extra \$10 million will help an isolated Manitoba reserve connect to the rest of Canada.

That's according to the chief of Shoal Lake 40 First Nation, who met with all levels of government on Tuesday about securing funds for "Freedom Road," which would connect the community to the mainland.

"We're not just building a road here, we're building a relationship," Chief Erwin Redsky told reporters on Monday.

"We're rebuilding my community, reconnecting to Canada. We want to be part of Canada, to enjoy everything that every Canadian enjoys, which is being able to drive home 365 days of the year with no obstacles."



"We're not just building a road here, we're building a relationship." Chief Erwin Redsky

Shoal Lake 40 Chief Erwin Redsky and Mayor Brian Bowman embrace as Manitoba's Indigenous Relations Minister Eileen Clarke looks on after successful meetings on Freedom Road project for Shoal Lake 40 at City Hall December 12. LYLE STAFFORD/FOR METRO

In late 2015, all three levels of government made a commitment to each fund the \$30-million project by one

third.

But Redsky said original estimates to build the road ranged anywhere from \$30

million up to \$54 million after some more detailed design.

However, he told reporters on Monday that federal

Indigenous Affairs Minister Carolyn Bennett has agreed to cover any differences over and above the initial \$30-mil-

lion funding agreement.

Shoal Lake 40 was cut off from the mainland a century ago during the construction of an aqueduct that sends fresh drinking water to the city.

The reserve has also been under a boil-water advisory for 18 years.

On Monday morning, Redsky met with Mayor Brian Bowman and Indigenous and Municipal Relations Minister Eileen Clarke to hear both reaffirm the city and province's \$10 million funding commitment.

Clarke said the province is in the midst of an environmental assessment review and expects construction on the road to begin in the next few "weeks and months."

Redsky expects Freedom Road to be completed in the next two years.

The reserve is currently entering one of its most challenging seasons.

Redsky said the barge that carries people and supplies to and from the reserve has stopped service for the winter — breaking down a few days early, in fact — leaving the community stranded.

— WITH FILES FROM THE CANADIAN PRESS

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The zoo has yet to bestow a name on its newest member, the tiniest of their nine bears. COURTESY JOHANNA SOTO/ASSINIBOINE PARK CONSERVANCY

ENVIRONMENT

Compost pickup project launches

It's time to throw out the old habit of tossing your food scraps in the garbage.

Starting in January, Winnipeggers will be able to have their compost picked up.

Kelly Kuryk, manger of Compost Winnipeg, said they are launching an organics pickup program for homes, condos and apartment buildings.

Kuryk said they already have 200 people signed up.

"It's important to people. They know their waste has an impact, and they want to do something about it," she said.

Households can buy a \$68 starter package that will pay for weekly compost pickup for three months. Included are a five-gallon bucket, bag liners and additional information on composting, Kuryk said. After March, residents will have to pay \$25 per month to continue with the weekly service.

More types of waste — such as bones, meat scraps, dairy and wax paper — can be disposed through the program compared to what can normally be tossed into a backyard composter, she added.

STEPHANIE TAYLOR/METRO

CORRECTION

In the Dec. 9 edition of Metro, we misattributed an illustration by Jackie Traverse to another artist. We regret the error.

Cub a depressing delight

ASSINIBOINE PARK ZOO

Official blames climate change for arrival of orphaned bear



Stephanie Taylor
Metro | Winnipeg

Another orphaned polar bear has found a home in Winnipeg, but while zoo-goers might be delighted, an Assiniboine Park official is blaming climate change.

"Each year we hope that the ice formation is not delayed and polar bears can get out on the sea ice," Dr. Stephen Petersen, head of conservation and research, said in a release issued Monday.

"The loss of sea ice due to cli-

mate change is alarming, and it is critical that we work together as a community to reduce our carbon footprint and take personal actions to positively impact the environment."

Johanna Soto, a curator of animal care and behavioural husbandry at the zoo, said a veterinary team travelled to Churchill, Man., last Friday to rescue a cub spotted wandering on his own.

Officers with Manitoba Conservation attempted to reunite the cub with other bears thought to be his mother but had no luck, she explained.

Soto said the one-year-old cub will now undergo 30 days of quarantine to help him acclimatize to his new surroundings. Zoo-goers eager to sneak a peek have to wait until the new year.

The zoo has yet to bestow a

name on its newest member who, at 85 pounds, makes him the tiniest of the nine bears.

This is the second time in under a month that the zoo has come to the rescue for stranded bears in Churchill. Soto said a female cub was rescued on Nov. 22.

"We're lucky and thankful that we have the space to be able to do this when it's needed," she said on Monday.

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Manitoba Public Insurance

Canadian refugee system in spotlight

CONFERENCE

Global experts to look at how settlement effort works



Ryan Tumilty
Metro | Ottawa

Experts from around the world are heading to Ottawa this week to see what Canada gets right on resettling refugees.

The Global Refugee Sponsorship Initiative is hosting a three-day conference from Tuesday to Thursday aiming to showcase Canada's private refugee sponsorship program.

That program allows Canadians to sponsor a refugee family coming to Canada.

University of Ottawa professor Jennifer Bond is among the organizers of the event. She said Canada's system is unique in



Kimberly Vandermeer leads Syrian refugee children in circle time activities during a playgroup organized by Ottawa Community Health Centres in Ottawa. THE CANADIAN PRESS

the world and has a lot to offer.

"There have been a few very small-scale pilots in a couple of jurisdictions, but really Canada is the only country that has a big robust program," she said.

Representatives from Argentina, Australia, Brazil, Chile, Germany, New Zealand, the United

Kingdom and the United States are coming to the conference.

Bond said while any potential program would have to be tailored to the individual country, there is a lot to share here.

"What is common in many places around the world is compassion that lives in commun-

ities. I really think there are caring people all over the world who recognize the tragedy that is happening," she said.

She said with that base a private sponsorship program could be tailored for any one of these countries.

"It's not about taking Canada's model and just plunking it somewhere else, it's very much about taking the expertise that Canada has to offer," she said.

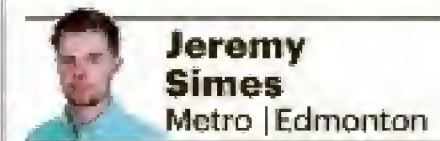
Bond said while some politicians around the world have had negative things to say about refugee resettlement, it's nice to see so many countries interested in the Canadian model.

"In a space that does feel a little bit dark these days this initiative does offer some hope," she said.

The initiative is led by the government of Canada, but also has participation from the University of Ottawa, the United Nations High Commission for Refugees and several foundations.

ALBERTA

Rail crew saves cat that hitched cold ride



Jeremy Simes
Metro | Edmonton

A nearly frozen tabby cat and a "young, strong burly man with a beard," fell in love Sunday after two train drivers found the frozen feline under their engine deck in Wainwright.

Train engineer William Munsey and conductor Brad Slater were working a chilly Sunday morning when they had to drive the Q199 CN train from the small Alberta town to Edmonton.

Temperatures were nearly -40 C with the wind chill.

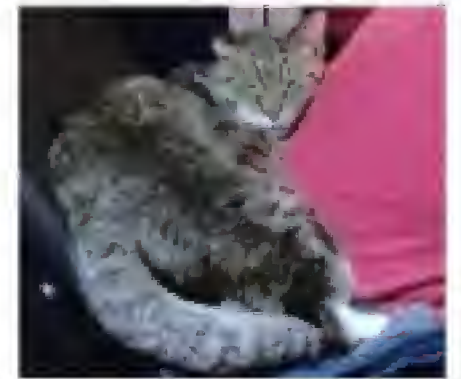
The two drivers had to inspect incoming trains in the rail yard and, according to Munsey, Slater left to inspect the train's engines.

But Slater found something out of the ordinary. Using his flashlight, he came across a pair of glowing eyes. It was a grey tabby, frozen solid.

Slater called Munsey over the radio.

"When I walked over he said, 'There's a cat,'" Munsey recalled.

Munsey said he asked Slater if he should put the cat "out of its misery" — it looked like it was



Q the cat was saved by two train drivers. CONTRIBUTED

about to die.

But Slater begged they take the tabby onboard, so they did.

Slater wrapped the cat in his shirt and, after an hour of howling meows, the grey tabby curled up in his lap and purred. The feline then gladly ate some beef jerky.

Munsey said Slater chose to initially name the cat Q199, which is the name of the train all three of them drove in. He has since simplified the tabby's name to "Q."

"It's a neat thing," Munsey said. "This is a cold, hard, brutal industry and here's this cat, and everyone is smiling over this cat... These tiny acts of kindness are important."

CORRECTIONS

Prison violence spikes

It's 26 seconds of brutality — inmate Dwayne Wright, watching TV, is suddenly sucker-punched from behind by another inmate. A video of the attack shows him falling to the floor. His attacker, Charles Wallace, finishes with six soccer kicks to the 34-year-old Wright's head, and calmly resumes pacing and chatting with another inmate.

Some prison advocates and lawyers say such violence is the new normal: Prisons that installed video technology in hopes it would decrease violence

find they now instead often serve to document a disturbing rise in beatings that can cause fatalities and life-long trauma.

The last decade has seen a surge in prison beatings, according to Ivan Zinger, director of the Correctional Investigator's office.

"An environment where prisoners are at higher risk of being assaulted ... should not be part of the sentence," he says in an article published earlier this year that argues conditions in prisons have worsened over the past decade. THE CANADIAN PRESS

HEALTH CARE

Feds simplifying safe-injection sites

The federal Liberals are streamlining the process to allow communities to apply to set up supervised injection sites quicker, with less red tape and with less room for community objections.

Health Minister Jane Philpott introduced the bill that would clear out a long list of regulations and conditions for establishing sites that the previous Conservative government introduced.

Those conditions included a requirement to have the approval of a community's council and

its police chief. In Ottawa, both Mayor Jim Watson and Ottawa police Chief Charles Bordeleau have indicated they don't support an injection site.

Philpott said the changes are necessary to deal with a public health crisis that is only growing.

"We need to take swift action on the opioid crisis to save lives. We need a renewed focus on harm reduction," she said.

British Columbia and Alberta have seen the most pronounced increase, but communities across

the country have seen a dramatic spike in overdose deaths from fentanyl, a synthetic opioid.

Ottawa police have confirmed that fentanyl has been found in street drugs in the city, and its much stronger cousin carfentanyl has been found in Ontario.

Philpott said the previous government's long list of conditions was a major barrier to getting safe injection sites set up. She said the overall goal of the changes in the new bill

is to treat drug addiction as a health problem not a justice system issue.

"It will reframe problematic substance abuse as the public health issue that it is," she said. "We will re-instate harm reduction as a key pillar in this strategy."

The Conservative government fought the continued operation of Insite in Vancouver, which was then the country's only safe injection site.

RYAN TUMILTY/METRO

SYRIA

UN says the situation in Aleppo has become 'very critical'



Syrians flee toward safer areas in Aleppo on Monday during government forces' efforts to retake the city. AFP/GETTY IMAGES

United Nations secretary-general Ban Ki-moon has expressed alarm over "atrocities against a large number of civilians, including women and children, in recent hours in Aleppo."

Syrian rebels retreated from former strongholds in eastern Aleppo in a "terrifying" collapse Monday, holding onto a small sliver of territory packed with fighters and thousands of civilians as government troops pressed on with their rapid advance.

The Syrian military said it had gained control of 99 per cent of the former opposition enclave

in eastern Aleppo, signalling an impending end to the rebels' four-year hold over parts of the city as the final hours of battle played out.

"The situation is very, very critical," said Ibrahim al-Haj of the Syrian Civil Defence, volunteer first responders who operate in rebel-held areas. He said he was seeking shelter for himself and his family, fearing clashes or capture by the government.

Retaking Aleppo, which has been divided between rebel- and government-controlled zones since 2012, would be President Bashar Assad's biggest victory

in the country's civil war. But it does not end the conflict: Significant parts of Syria are still outside government control and huge swaths of the country are a devastated waste-land.

Ban urged all parties on the ground "to protect civilians and abide by international humanitarian and human rights law."

On Sunday, Daesh re-occupied the ancient town of Palmyra, taking advantage of the Syrian army and its Russian backers' preoccupation with the fighting in Aleppo. METRO/WITH FILES FROM THE ASSOCIATED PRESS

VENEZUELA

Government seizes millions of toys to give to poor kids

Venezuela's socialist government has seized nearly 4 million toys from a private company and says it will hand them out as Christmas gifts to poor children this holiday season. The country's fair pricing authority seized the toys Friday from three warehouses run by Kreisel, Venezuela's largest toy distributor. Two company executives were detained on suspicion of promoting price speculation.

THE ASSOCIATED PRESS

CHANTAL HÉBERT ON TRUDEAU'S YEAR-END PRESSER



The PM could not have been surprised that he was not queried about what he believes were his biggest successes during his first full year.

Justin Trudeau would not be human if he had not wished the year-end news conference he gave on Monday on Parliament Hill to provide him — in the spirit of the upcoming holiday season — with an opportunity to celebrate the many missions he believes his government accomplished in 2016.

But he would not be where he is today if he still believed in Santa Claus. And so it can't have come as a surprise to the prime minister that while he was asked what, if anything, he regretted most about his first full year in office, he was not similarly queried about what he believes was his greatest success.

For the record, Trudeau said the execution in the Philippines of two Canadians held hostage for ransom by Islamic extremists had made for his darkest hours as prime minister. A less introverted Stephen Harper would have answered along the same lines. The responsibility to make life-and-death decisions is one that no prime minister takes lightly.

On the plus side, Trudeau might have liked to bask a little longer in the afterglow of the climate pact ratified Friday by 11 of Canada's 13 provincial and territorial governments. After all, when Canada signed the Paris climate accord a year ago, many commentators doubted the capacity of the rookie government to do the heavy lifting required to translate talk into concerted federal-provincial action.

But it is the nature of politics that one crisis chases another and so three items of unfinished but time-sensitive business took precedence:

1) More so than climate change, health-care funding has been an apple of discord between Trudeau and the premiers. It was initially Harper who decreed that as of next year the annual increase of the federal health transfer would fall to 3 per cent from 6 per cent. Ever since Trudeau made that Conservative decision his own, the provinces have been crying foul.

The issue was the main topic of the dinner Trudeau

hosted for the premiers Friday night. On Monday, the prime minister said he expected a resolution of the matter before the holidays. The relative radio silence that has attended the aftermath of the first ministers' dinner suggests a compromise designed to allow everyone to save face is in the works.

2) On electoral reform and Trudeau's promise of a new voting system in time for the 2019 election, the Liberals have ended up tangled in a web of their own weaving. Monday, the prime minister professed excitement about the ongoing government's online consultation — the one that almost everyone else has talked about for the wrong reasons. The exercise's main claim to fame is to have inspired parodies in both official languages.

Over the past six months, much of the intellectual energy of the top levels of the government has been focused on the dual issues of pipelines and climate change — at some cost to lesser files. If there

is a point to Trudeau's latest contribution to this comedy of errors, it may be to buy the Liberals time so as to regroup and figure out where to go from the current electoral reform quagmire between now and when the House resumes in late January.

3) Political financing, finally, was never meant to be on the Liberal radar and its appearance has not been good news for the government. It has seemed both blindsided by and blind to the widespread public perception that the prime minister is being elastic in his interpretation of his own ethical rules when he allows his party to trade access to himself and his cabinet for donations.

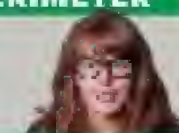
Based on Trudeau's news conference, that blindness starts at the very top. On Monday, the prime minister said donors did use the access their money bought to lobby him but that it had no impact on his decisions. He compared chatting with donors at exclusive private events to the hosts of closed-doors meetings he holds with municipal politicians and/or community organizations.

Trudeau sees a parallel between the discussions he has with representatives of other levels of governments and well-heeled contributors to his party's coffers. At this rate, he will soon be reassuring his provincial counterparts that he does not hold it against them that they get to spend time with him free of charge. After all, time is money in Liberal land.

We'll look back in shock at 2016's cheap punditry

INSIDE THE PERIMETER

Shannon VanRaes



Nellie McClung is not Donald Trump.

I'm spelling that out because Toronto Star columnist Emma Teitel — who obviously adored the opening of my last column regarding McClung, but not my supposition she was axed from the bank-note running due to a double standard faced by women — made the link last week.

Teitel wrote, "In the age of president-elect Donald J. Trump ... it's a good thing that we don't jump to immortalize historical figures on our national currency who championed eugenics."

It's the kind of utterance that almost leaves me hopeful future generations do judge our work as journalists and commentators as harshly as those like Teitel have judged our forebears. Because when our children's children turn to the historical record, they will find reoccurring examples of how "the media" failed to meaningfully explain, inform or challenge the public on issues of the day. They will find hurried tweets, glib jabs and sensationalism where there should have been facts and arguments. They will find correlations between Donald Trump and Nellie McClung, and blanket statements labelling basically everyone born prior to, let's say, 1990, as a "predictable breed of bad."

I'm not angry. I'm disappointed.

I'm confident that fifty years from now universities will offer lectures with titles like "The Impact of Clickbait on Early 21st Century Democracy" and "The Role of the Media in North American Decline." These imagined academics will say that, yes, fine journalists existed circa 2016 but that, overall, the period was one of missed opportunities, where contrarianism and polarization won out over the thought provoking and nuanced debate we needed to sustain our democracy.

Journalism has never been above reproach, so make no mistake, I am not pining for some mythical golden age, although I would welcome a return to profitability.

What I am saying is that, now more than ever, those privileged enough to garner a platform for critical thought must take the long view. Journalism must strive to differentiate itself from the din of online noise, so as to remain credible in the face of backlash, ignorance, fake news and threats yet unseen — not just because news outlets depend on this differentiation to retain advertisers and solvency, but because civil society depends on it.

If I want to engage in useless arguments that eventually end with a comparison to Hitler or relax with "32 cats that regret their life choices" I need look no further than the nearest social media platform. But if I want to explore issues, expose myself to new ideas and concepts, it takes something else to get there.

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Far too many people in television provide a safe space for politicians instead of pushing back and saying 'you didn't answer this question.' CNN's Jake Tapper is making it his signature to show pit bull-like tendencies when an interview subject avoids a question.

Neuroscience explains why we fall

Elderly are at risk when their brains work especially hard during ordinary tasks, new research finds

Subtle changes in older people's brain activity may increase the risk of falls by as much as 32 per cent, according to a new medical research paper. iStock

Genna Buck
Metro Canada



Vivian Kong knows first-hand how an elderly person's world can shrink after a serious fall.

Her grandfather has been using a cane since he slipped in a parking lot several years back, but it was his latest fall, about two years ago, that really affected his independence.

"He now lives in assisted living — he had his own apartment for years — doesn't use transit anymore, and because doctors don't know why his most recent fall happened, he now owns a scooter and uses a cane," says Kong, 26, of Toronto.

Falls affect one in three Canadians over 65 every year, account for more seniors' hos-

pitalizations than any other injury, and cost about \$2 billion annually, according to the Public Health Agency of Canada.

A new study has shed some light on why so many of those falls, like Kong's grandfather's, go unexplained.

Subtle changes in older people's brain activity — impossible to measure directly without expensive imaging equipment — may increase the risk of falls by as much as 32 per cent, according to a new paper in the journal *Neurology*.

And the changes begin years before doctors and family members can spot any outward signs of trouble.

The 166 seniors (average age 75) in the study had no disabilities, dementia or gait problems. They were hooked up to a machine that monitored

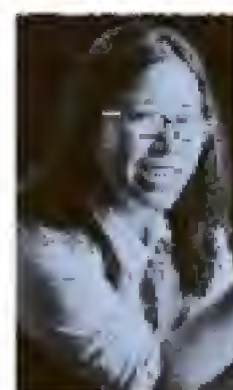
activity of the prefrontal cortex; the decision-making part of the brain.

Then they were asked to do tasks such as walking and reciting every other letter of the alphabet at the same time.

The people whose brains were working especially hard during that particular task, possibly to compensate for mild cognitive decline, were much more likely to suffer a fall over the next four years. The result remained even after researchers controlled for other risk factors.

These findings are important because care providers could be missing some people who are at risk, said Matt Ayman, knowledge translation coordinator at the injury-prevention organization Parachute.

"My initial reaction was



“Because doctors don't know why his most recent fall happened, he now owns a scooter and uses a cane.”

Vivian Kong, 26, whose grandfather now lives in assisted living after a bad fall

wow," Ayman said. "Here is a warning sign, and it's coming a little earlier down the road."

Someone who can pass a typical screening test with ease — get out of a chair, walk three meters, turn around and walk back with a normal gait — might be "using more brain than their friends" to do it, Ayman said.

More research is needed to learn the underlying causes of

falls, so new interventions can be designed, he added. "We could really benefit from more prevention. It will save society a lot of money and give older adults vitality they deserve as much as anybody else."

A fall, especially accompanied by a broken hip, is often the "slippery slope" to a steep decline, Ayman said.

According to Hamilton, Ont. occupational therapist Kayla

McDowell. "Sometimes something as simple as a fall in the bathroom can really devastate someone's world."

"Adult children who work full-time and have families are often relied upon to pick up pieces like meal prep, laundry, and, depending on the severity of the injury from the fall, even things like toileting. This puts a lot of pressure on families and individuals," she said.

Kong's family has been relatively lucky in that regard.

"(My grandfather's) English isn't very good, so there are limited (medical) resources, but he's still pretty independent. He goes out with seniors' groups, and finds Chinese-speaking taxi drivers to take him places. He just moves a lot more slowly and my parents fuss over him a lot more."

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1	8	4	7	5	3	2	9	6
7	2	3	6	4	9	8	1	5
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La La Land struts into awards season

NOMINATIONS

Musical leads way with seven Golden Globe nominations

Damien Chazelle's Los Angeles musical La La Land sang and danced its way to a leading seven Golden Globes nominations, with Barry Jenkins' celebrated coming-of-age tale Moonlight close on its heels with six nods.

La La Land earned nominations for its lead actors, Emma Stone and Ryan Gosling, as well best picture, comedy or musical.

The film also scored nominations for directing, screenplay, score and original song in the nominations announced Monday in Los Angeles by the Hollywood Foreign Press Association.

Moonlight led the field in the dramatic categories, including best picture. It earned nods for Jenkins' directing and script, supporting actor favourite Mahershala Ali and supporting actress Naomie

Harris.

The other nominees for best picture, drama, were Manchester by the Sea, Lion, Hell or High Water and Mel Gibson's Hacksaw Ridge.

The People v. O.J. Simpson continued its awards success with five nominations, including best limited series and nods for stars Sarah Paulson, Courtney B. Vance, Sterling K. Brown and John Travolta.

But the TV categories were also populated by more recent acclaimed shows not eligible for September's Emmy Awards, including The Night Of, Westworld, Atlanta, This Is Us and Insecure. HBO led the networks with 14 nominations.

The film nominations also verified that this year's awards season isn't nearly so white as last year's.

Along with Moonlight, nominations were heaped on Denzel Washington's August Wilson adaptation Fences (including acting nods for Washington and Viola Davis) and the interracial marriage drama Loving (leads Ruth Negga and Joel Edgerton were each nominated).

Ryan Reynolds joined fellow



Emma Stone has already won a raft of film awards for her leading role in Los Angeles musical La La Land. CONTRIBUTED

Canadian Gosling in the actor, musical or comedy category for his leading role in R-rated Marvel hit Deadpool.

In a sign of Hollywood's increasing dichotomy between mega blockbusters and smaller

independent films, the lead nominee getters were overwhelmingly independent. Lionsgate led the way with 10 nods thanks largely to La La Land.

The indie outfit A24, produ-

cer of Moonlight, followed with nine. Amazon Studios, which is distributing Manchester by the Sea, outranked goliaths like the Walt Disney Co. (three) and Warner Bros. (just one).

THE ASSOCIATED PRESS

+ KEY CATEGORIES

Best motion picture, drama: Hacksaw Ridge, Hell or High Water, Lion, Manchester by the Sea, Moonlight

Best motion picture, comedy or musical: 20th Century Women, Deadpool, Florence Foster Jenkins, La La Land, Sing Street

Best performance by an actor in a motion picture, drama: Casey Affleck (Manchester by the Sea), Joel Edgerton (Loving), Andrew Garfield (Hacksaw Ridge), Viggo Mortensen (Captain Fantastic), Denzel Washington (Fences).

Best performance by an actress in a motion picture, drama: Amy Adams (Arrival), Jessica Chastain (Miss Sloane), Isabelle Huppert (Elle), Ruth Negga (Loving), Natalie Portman (Jackie).

CELEBS FOR A CAUSE

Reynolds salutes SickKids

Canadian actor Ryan Reynolds dedicated his award at the 22nd annual Critics' Choice Awards to the Toronto's SickKids Foundation and Make-a-Wish foundation.

"Deadpool was an 11-year-odyssey for me," said Reynolds. "The character had cancer and some of the people that this character resonated with were sick

kids. So I would like to dedicate this honour to Make-a-Wish foundation and the SickKids Foundation of Toronto."

Reynolds dedicated his award in memory of two children, Connor McGrath and Grace Bowen (pictured with Reynolds).

"They didn't lose the battle, but they started a fight, and it's up to us to finish it."

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IN BRIEF

Ronaldo named best soccer player in the world

Cristiano Ronaldo was voted the best player in the world for a fourth time Monday, taking home the Ballon d'Or award in a year in which he led Portugal to its first European Championship title and Real Madrid to another Champions League trophy.

It is Ronaldo's third Ballon d'Or award. He won the FIFA player of the year award in 2008 while still playing for Manchester United. THE ASSOCIATED PRESS

Tannehill diagnosed with sprained ACL and MCL

Ryan Tannehill's left knee injury is less serious than first feared and no surgery is expected, but it remains unlikely he'll play again this season for the Miami Dolphins.

The quarterback's injury was diagnosed as a sprained ACL and MCL, coach Adam Gase said Monday. THE ASSOCIATED PRESS

Supreme Court secures NFL's \$1B concussion pact

The U.S. Supreme Court on Monday rejected challenges to the estimated \$1-billion plan by the NFL to settle thousands of concussion lawsuits filed by former players, clearing the way for payouts to begin to those who have been diagnosed with brain injuries linked to repeated concussions.

THE ASSOCIATED PRESS

Orientation program teaches off-ice lessons

NHL

League and players' union aim to develop life skills

Armed with pens instead of hockey sticks, the NHL's future stars are learning about more than just power plays and puck possession.

Over the past couple of summers, many of the league's young players have attended sessions on taxes and investments, diversity, social media, drugs and alcohol and mock disciplinary hearings.

It's part of the annual Rookie Orientation Program, a joint initiative started in 2013 between the league and the NHL Players' Association to ensure that the league's young players develop life skills along with their on-ice talents. The program sees 80 to 90 players each summer attend two days packed with workshops.

"We had different exercises in each class, and it did feel a lot like school," said Winnipeg Jets defenceman Josh Morrissey. "We were learning. I met a lot of cool people that can help you out in different areas. They had some really great speakers."

The rookie was one of a number of young players who talked to The Canadian Press about



Jets defenceman Josh Morrissey, right, says he learned through different exercises and speakers during the Rookie Orientation Program. BRUCE BENNETT/GETTY IMAGES

attending the program over the past two years.

A key area of the program's emphasis is the need for players to gain some financial independence, whether they have a team of experts around them or not.

"We don't want the agents to do everything for them, we don't

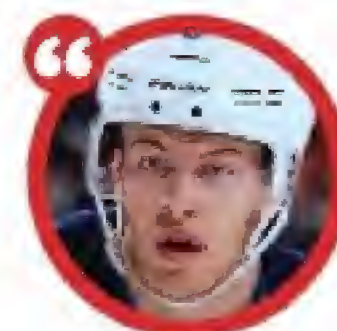
want their accountants to do everything for them," Mathieu Schneider, the NHLPA's special assistant to the executive director, said in a phone interview.

"We want them to ask questions of their financial advisers and things of that nature."

NHL entry-level contracts

have a maximum yearly salary of \$925,000 US, which can rise to \$3.775 million with bonuses.

An NHL club can send up to three entry-level players it believes will be playing "for a significant period of time in the upcoming season" to the ROP held in Virginia or



"You're just very aware of the possible ramifications of trusting the wrong people."

Jets centre Andrew Copp

Washington, D.C.

Rookie top picks Auston Matthews of the Toronto Maple Leafs and Winnipeg's Patrik Laine were exempt this year because they were competing in the World Cup. They'll go next year.

The program replaced an information session at the draft that lasted for just a few hours.

Schneider, a defenceman who played 20 seasons in the NHL and retired in 2010, said he never received similar information until he was in his mid-20s.

"Particularly when you look at the average career length, which is just under five years, this stuff is extremely important, extremely valuable," he said. "I think today's players recognize that more than ever."

THE CANADIAN PRESS

SCARLETT JOHANSSON
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Dak Prescott, left, was sacked three times and threw two interceptions in Sunday's loss to the Giants. ELSA/GETTY IMAGES

Dallas' Achilles heel exposed by Giants

NFL

Cowboys' win streak halted by New York's physicality

Maybe instead of looking at what the Cowboys have been doing to the rest of the league, NFL teams should look at what the Giants did to the Cowboys this season.

And who knows, maybe what New York could do again should they meet in the playoffs. Dallas' offence ripped through nearly every opponent during an 11-game winning streak that began after a 20-19 home loss to New York in the season opener.

That string ended under the powerful pressure the Giants applied on defence Sunday night: a strong pass rush; sticky coverage of the Cowboys' star receivers, Dez Bryant and tight end Jason Witten; and three takeaways. Tampa Bay, Detroit and Philadelphia, the Cowboys' final three

opponents, surely will take note.

The Cowboys have put their stamp on victories all year by jumping to leads and pounding opponents with sensational rookie running back Ezekiel Elliott. Dak Prescott has made all the right decisions and plenty of big plays. The defence has been far less dynamic, but not a liability.

That formula earned them the league's first playoff spot last week and could have gotten them a first-round bye with a victory over the Giants at MetLife Stadium. Except the formula got squished by the Giants, 10-7.

While there's no reason to panic in Big D, the Cowboys' main public speaker, owner Jerry Jones, hoped the loss would provide a cautionary tale. "As a team, we will react to this loss against a physical Giants team and get better," Jones said. "We're not

going to let this do anything but improve us."

"I like our players' tools. We were inconsistent tonight. I'm giving the Giants the credit for creating that inconsistency."

Jones smiled when the inevitable question came of whether Tony Romo's role will change after Prescott struggled mightily in the Meadowlands. Dallas went an abysmal 1 for 15 on third downs and gained a season-low 260 yards.

“

We're not going to let this do anything but improve us.

Cowboys owner Jerry Jones

"No," he said with emphasis.

Although the Cowboys have a big lead in the NFC with three games remaining, Jones knows they are treading a thin line when relying on rookies as major contributors. Of course, Elliott and Prescott appear to be special rookies.

He was careful to praise the Giants and then emphasize the good elements he saw from his team. All of those, given the

score, were on defence.

"We played a well-coached team and effective team out there," Jones said. "A lot of the credit goes to the Giants for what we didn't do offensively like we needed to do. They had a good way to defend us, and they did. I thought our defence played as well as I have seen them play this year. That's encouraging."

And he was quick to restate his unwavering confidence in the kids. "These guys are sound," Jones said. "We're proud of our guys. We've seen Dak have a bad series or what I'd call challenging series and come back and right the ship. We have no expectations that he won't come back. I like our players' tools."

As he should. They are, after all, 11-2 and likely to earn the top seed in the conference. They are, at the very least, a leading contender to reach their first Super Bowl since that other JJ (Jimmy Johnson) built a squad that Barry Switzer coached to the 1995 NFL title

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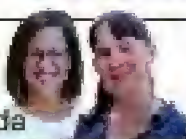
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PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada



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Prep time: 10 minutes

Cook time: 25 minutes

Serves 4

Ingredients

- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions

1. Preheat the oven to 400 degrees.
2. In a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't worry about cooking through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a clean plate.
3. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook about 3 minutes until they soften. Add grapes, stock, vinegar, sugar and thyme and stir. Allow the sauce to begin to simmer.
4. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes. Serve over cous cous, mashed potatoes or polenta.

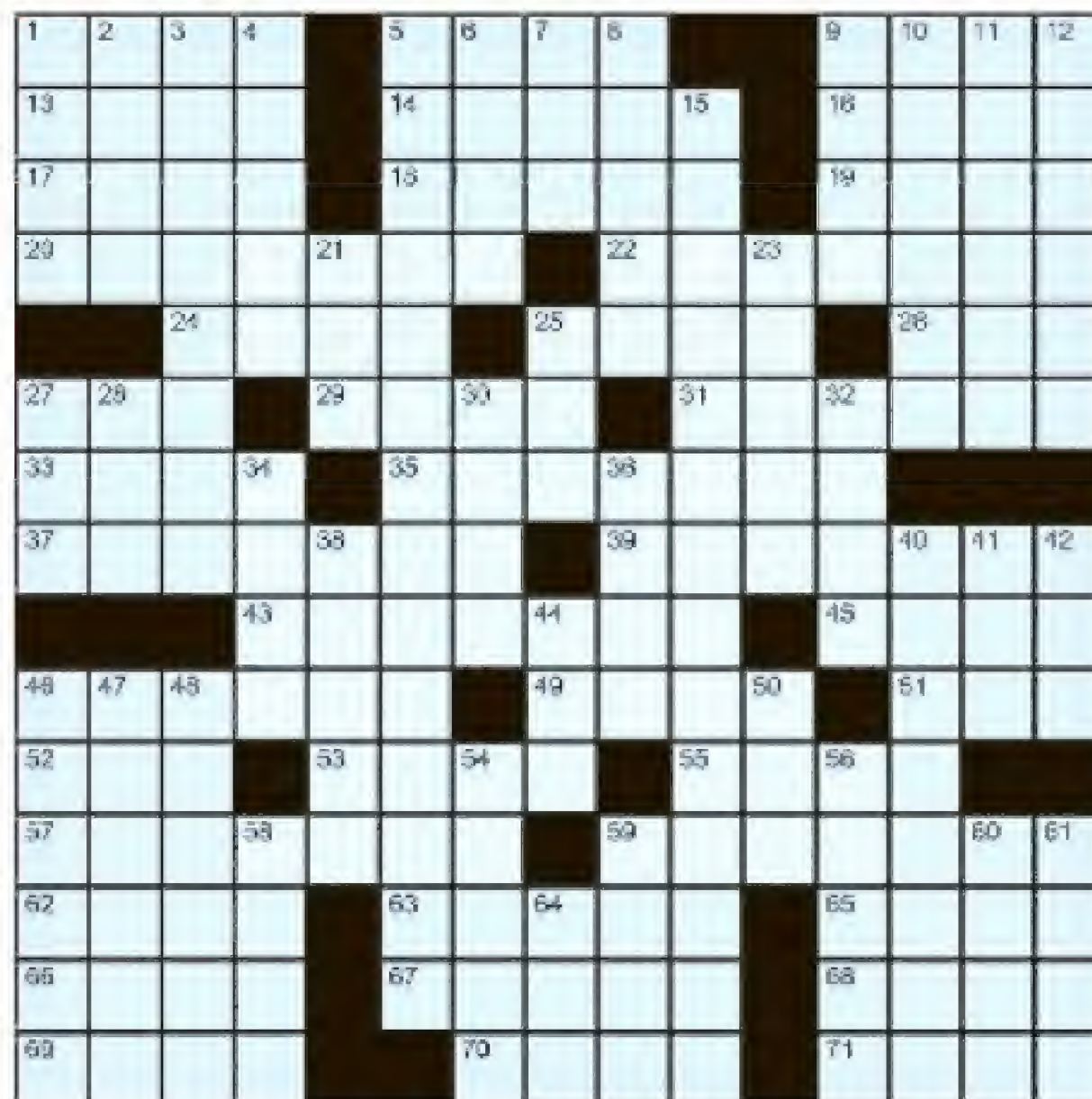
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BY KELLY ANN BUCHANAN

ACROSS

1. Cleanser brand, _ and Span
5. Lip _
9. Prescriptions, commonly
13. Faux pas
14. Tragically Hip's " _ by a Century"
16. Handling the matter: 2 wds.
17. Boot
18. Herman's Hermits singer Peter
19. Jason's craft
20. Marxist revolutionary (b.1879 - d.1940) exiled by Stalin
22. Audience's highest showing of appreciation
24. Shark variety
25. Crossword component
26. Prompt in acting
27. Criticize
29. Questionable
31. _! Camera! Action!
33. Nero's 8
35. Reacts to the sniffing salts: 2 wds.
37. Loud noisiness, States-style
39. Most extensive
43. Is in need of repair
45. Ins and _
46. Relay knowledge
49. Jealousy
51. Wee woofer
52. 19th Greek alphabet letter
53. Twisted
55. Vow
57. "Vikings" ailer, The _ Channel



59. Groups of fish
62. Moreover
63. Ms. Hall of ABC daytime show "The Chew"
65. _ Mountains (Range in Russia)
66. Spelled-out grades
67. "The Un-

- touchables" role, _ Ness
68. Early helicopter
69. Increases
70. Superior at a French monastery
71. Door fastener

DOWN

1. Prude
2. Really rain
3. Getting a good night's sleep inability
4. Terra's pot tailer
5. CIBC = Canadian Imperial _ _ _
6. Holler at the harbour?

7. Roaring sign
8. Lord's house
9. Castle defence
10. Fortify the food
11. Do this after a big Winter storm: 2 wds.
12. Rocks
15. 1997 Keanu Reeves

- thriller co-starring Al Pacino: 2 wds.
21. Schuss
23. Mine entrances
25. Exerciser's club
27. Piping stuff, commonly
28. Feel awful
30. _ _ song (Cheaply)
32. Attend: 2 wds.
34. _-European (Language family)
36. Flush
38. Screen legend Greta
40. Super joyfulness
41. After-R trio
42. Sugar amt.
44. Comprehend
46. Home of Odysseus
47. Used a hammer
48. Was a mother hen
50. Cry of impatience!
54. Spiral-horned antelope
56. Sturdy
58. Chuck
59. Neatnik opposite
60. Metallica drummer Mr. Ulrich
61. Swill
64. Chest bone

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your daily routine will change today. Expect to meet new faces and see new places. Avoid arguments with others, which might occur because of today's Full Moon.

Taurus April 21 - May 21
Disputes about money and possessions are likely because of the full moon. Keep an eye on your possessions and finances. Be careful not to lose something.

Gemini May 22 - June 21
Today, the only full moon in your sign all year is happening. This can create stress with partners and close friends. It's a jumpy, unpredictable day!

Cancer June 22 - July 23
You feel restless today because of the full moon. (The moon is your ruler.) Stay calm and carry on.

Leo July 24 - Aug. 23
Conflict with friends might occur today because of the full moon's energy. But they also might occur because someone throws you a curveball or does something you don't expect.

Virgo Aug. 24 - Sept. 23
This is a tough full moon for you. You feel pulled between the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

Libra Sept. 24 - Oct. 23
Be careful, because this is an accident-prone day. Obviously, an accident doesn't need to happen, but it does mean you have to be more aware and mindful. Keep your eyes open.

Scorpio Oct. 24 - Nov. 22
Financial disputes and money problems might occur because of the full moon today. This might include arguments about cash or something that you own. Be patient.

Sagittarius Nov. 23 - Dec. 21
Today, the only full moon all year that is opposite your sign is taking place. This might introduce tension and conflict with partners and close friends. Have patience.

Capricorn Dec. 22 - Jan. 20
Be patient with co-workers today, because everyone can feel the Full Moon's energy. This tends to make people feel excitable and inclined to overreact.

Aquarius Jan. 21 - Feb. 19
Be patient with kids today, and likewise, be patient with your friends or members of groups. People are inclined to be touchy today and even tomorrow because of the full moon.

Pisces Feb. 20 - March 20
This is a poor day to try to keep everyone happy, especially bosses, parents, VIPs, your family and your job. It's all too much! Just do what you can.

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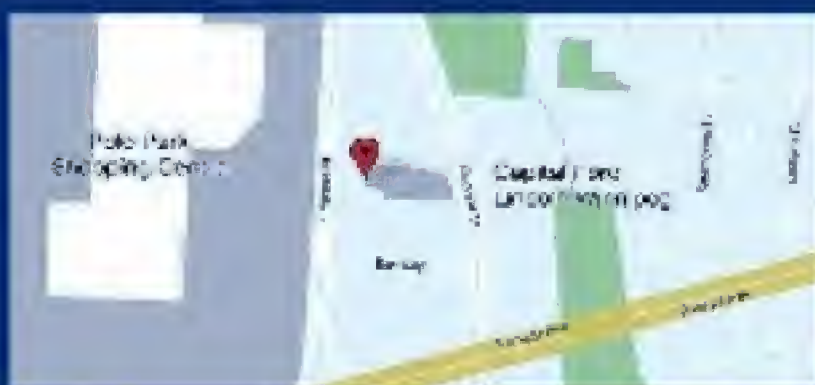
*All prices and payments are plus applicable taxes. **2016 model payment term is 96 mths at 4.99% OAC, **2015/2014 models payment term is 84 mths at 4.99% OAC, **2013 model payment term is 72 mths at 4.99% OAC, ****2012/2011/2010 models payment term is 60 mths at 4.99% OAC. COB examples : \$10000 over 96/84/72/60 terms = \$2158.59/\$1869.20/\$1592.72/\$1320.20

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